



THE CONNECTION

NEWSLETTER

LINKING HEALTH AGENCIES AND COMMUNITY ORGANIZATIONS THAT WORK WITH MINORITIES IN UTAH

March 2009 Issue # 33

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The Connection

NEW DATA CONFIRM HEALTH INEQUITIES FOR UTAH HISPANICS/LATINOS

New Utah Department of Health (UDOH) data show the state's Hispanic/Latino population is battling some unique health problems. Most concerning to health leaders are the groups' poor access to health care, low rates of health insurance coverage, and a high adolescent/teen birth rate.

- 1 in 3 Hispanics/Latinos in Utah has no health insurance (compared with 1 in 9 Utahns overall)
- 1 in 5 Hispanics/Latinos in Utah do not have a usual place of medical care (compared with 1 in 10 in the general population)
- 1 in 3 Hispanics/Latinas in Utah don't get adequate prenatal care (in comparison with 1 in 5 women in the general population)
- 6.6 percent of Utah Hispanic/Latino adolescents give birth (compared to just 1.8 percent in the general population)

Hispanic/Latinos are also plagued by high rates of gestational diabetes, adult type II diabetes, low birth weight babies, unplanned pregnancies, inadequate vegetable consumption, and lack of physical activity. On the other hand, Utah Hispanics/Latinos have lower death rates from heart disease and cancer than the general population.

"This information helps all health workers plan our projects better and focus on the areas with the biggest disparities," said Dulce A. Díez, UDOH Multicultural Health Specialist. "But eliminating health inequities is a long and complex process," added Díez. "There are so many variables to address, including cultural, linguistic, economic, and political and social."

The Utah Department of Health is only one piece of the puzzle. Officials say it will take intense collaboration among a host of public and private agencies and the community to address ethnic disparities and bring health levels of minorities on par with whites in Utah.

Sylvia Garcia Rickard, of the Ethnic Health Advisory Committee, praised the report. "I think this is an incredible tool to find out community needs," she said. The report is third in a series from CMH on the health of racial and ethnic minorities in Utah. It is an easy-to-read, 4-page document accompanied by a 2-page list of community health resources.

See the complete report at: <http://health.utah.gov/cmh/data/disparitiessummary/HispanicFactSheet.pdf>

If you have any problem understanding the data in this report go to: <http://www.health.utah.gov/cmh/data/disparitiessummary/UnderstandingData.pdf>



UTAH ASIANS ENJOY LOW OBESITY RATES BUT FEMALES STRUGGLE WITH PREGNANCY PROBLEMS

A new Utah Department of Health (UDOH) report explores health issues among the state's Asian population. Utah Asians are healthier than the statewide population in several areas:

- 7.3% of Utah Asians are obese. At 21.3%, the state obesity rate is nearly triple that.
- Fewer Utah Asians die of coronary heart disease than other Utahns.
- Fewer Utah Asian teenagers give birth than other Utah teenagers.

"The rest of us could learn a lot from Utah Asians about the advantages of maintaining a healthy weight," said April Young Bennett of the UDOH Center for Multicultural Health (CMH). "Utah Asians are the only Utah racial group that is meeting the state goal for a low obesity rate and that may explain why, as a group, they have fewer chronic health problems than other Utahns."

Bennett clarified that it can't be assumed that all Utah Asians are healthy. "Overall, Utah Asians seem to suffer from fewer health disparities than other Utah racial and ethnic minorities," she explained. "But Asians are also more diverse than other Utah racial and ethnic groups. Their diversity may mask important health differences between national origins and other socio-demographic factors." Less than twenty percent of Asian immigrants to Utah have come from the same country of origin.

Health leaders are concerned that Utah Asians are unequally affected by poor pregnancy outcomes.

- 6.2% of Asian pregnant women in Utah experience gestational diabetes, compared with 3.2% of all pregnant women in Utah.
- 9.6% of Asian babies in Utah are born at a low birth weight, compared to 6.8% of all Utah babies.

Like other Utahns, Asians would also benefit from improved access to health care, better nutrition and more physical activity.

Kumar Shah, Chair of the Ethnic Health Advisory Committee, emphasized that people of all races should work together to eliminate these shared problems. "We should focus on these common problems first," he said. "Poverty and lack of access to health care affect all races and national origins. We can all benefit from living healthier lifestyles by not smoking, eating the right foods, and exercising, even though genetics makes some races more susceptible to certain health problems than others."

See the complete report at: health.utah.gov/cmh/data/disparitiessummary/AsianFactSheet.pdf

If you have any problem understanding the data in this report go to:

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New Data Confirm Health Inequities
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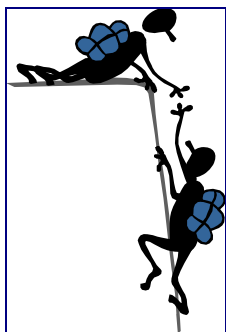
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WHY COMMUNITY-BASED ORGANIZATIONS IN UTAH NEED THE CENTER FOR MULTICULTURAL HEALTH

Document submitted by Fahina Tavake-Pasi (National Tongan American Society) to Utah Legislators

CMH, and the Multicultural Health Network sponsored by CMH, **coordinates and links** the different ethnic minority communities, policy makers, and health workers. Groups that ordinarily would be separated by logistic and cultural barriers work together with CMH to share knowledge and solve problems.

CMH assistance helps community-based organizations provide services that are **more effective and less costly**. The steady stream of tools and information coming from CMH precludes the need for community organizations to reinvent the wheel and waste precious resources. Because CMH does the research, community organizations don't have to and can get straight to work. These savings help our organizations to thrive.

In spite of the small dollar amounts, grants from CMH have been invaluable at providing a way to **assess community needs and train community organizations** on how to address the needs in their own communities.

CMH is **proactive in developing programs** that are more effective for the unique cultural groups we serve. CMH also assists the community to make their own programs work by directing them to the resources they need. The ethnic minority community cannot find services targeted to their communities' unique health needs elsewhere.

CMH is **effective at reaching out** to community. Through their listserv and the Multicultural Health Network, community members have frequent updates on health issues that affect their lives. These venues also provide opportunities to improve our capacity to serve our own communities and apply for federal grant funding to support our missions.

CMH provides a working, proactive **face for the government** to members of minority communities. CMH does not simply field complaints and make excuses; CMH makes ethnic community members feel like their government is a friend to ethnic community members that goes out of its way to improve their health.



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TRAININGS / EVENTS (I)

Free Training: Creating Partners in Health Events

The National Network of Libraries of Medicine Mid Continental Region, the University of Utah, Spencer S. Eccles Health Sciences Library, and the Utah Library Association Continuing Education Committee are hosting a networking session to see how community based organizations, public agencies, educational institutions and others can increase access and awareness of consumer health information.

It will be held on Tuesday, **March 24th, from 9 AM to 1 PM** at the South Jordan Library, Public Meeting Room, 10673 South Redwood Road, South Jordan. Refreshments and Lunch provided.

To register: <http://tinyurl.com/healthinfopartnersregistration>

Map: <http://tinyurl.com/southjordanpubliclibrary>

Parking is Free, There are some funds to help offset travel expenses.

Please contact John Bramble if you have any questions! 801.209.1398 (cell) 801.585.5743 (office)

Presentation: Challenging Racism, Privilege and Denial in the Age of Obama

Speaker: Tim Wise, prominent anti-racism writer and activist.

March 11, 2009, Wednesday 4:00-5:30pm. Ray Olpin Union, Main Ballroom 200 S. Central Campus Drive, University of Utah. Free and Open to the Public.

Organized by the University of Utah/ASUU Office. Social justice speakers' series.

For more information, contact ASUU, Union Rm #234, at www.ustudents.com or by phone at (801) 581-2788.

Free: Hispanic HIV/AIDS Instructor Course

Must be bilingual Spanish-English

March 13, 14, 20 & 21 from 8 a.m. to 5 p.m.

@ the American Red Cross, 465 South 400 East Salt Lake City, UT 84111

For more information call Ulysses Ramirez, HIV & Hispanic Program Coordinator (801) 323-7011 (direct line) (801) 323-7018 (fax)

Organized by: American Red Cross. Greater Salt Lake Area Chapter.

Inscription Campaign to Public Programs

Such as food stamps, Health insurance (Medicaid, CHIP, and others), unemployment insurance, Temporary Assistance for Needed Families (TANF), assistance for rent and utilities payment, etc.

Organized by Comunidades Unidas, 1341 South State St. Suite 211, Salt Lake City, Utah.

Assistance available every Thursday from 8:00 am to 7:00 pm.

Preferente will be given to individuals with an appointment.

To make an appointment or for more information contact Karina Pérez or Luis Garza
Comunidades Unidas Tel: 801-487-4143 karina@cuutah.org luis@cuutah.org



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TRAININGS / EVENTS (II)

Free Seminar: Health Literacy in the Public Health Arena

Topic covered: Creating user-friendly written materials. Overview of health literacy. Assessing patients' literacy skills.

Sponsored by the Center for Multicultural Health

Presenter: Dr. Weiss, a tenured professor in the Department of Family and Community Medicine at the University of Arizona, and an expert in the fields of health literacy and patient-physician communication. He is the author of more than 130 journal articles and several book chapters.

Date: **Wednesday April 8, 2009 from 1:30 -4:30 pm**

Location: State Library for the Blind and Disabled, 250 N 1950 W. Rooms 218-219

Preference will be given to State Health Department and local health departments employees. Teleconference available for local health departments.

Seats limited. Please RSVP by April 2, 2009.

To register and for more information contact Christine Espinel at cespinel@utah.gov or 801-538-9453

Free Capacity building Training for Community-Based Organizations

Topics covered: Understanding and properly managing your organization's budget, improving your group facilitation skills, obtaining direct access to target populations, or creating a powerful campaign to reach your target population. You can get all these and more at the 2nd Utah AIDS Institute.

Priority will be given to agencies working in HIV/AIDS projects. If your agency does not work in these projects but you are interested in attending the training, please call Owen at 801-538-9457 or 801-560-5935.

Training Days: **May 7 & 8 in SLC**

Sponsored by: *Projecto Ideas* of JSI Research and Training Institute in collaboration with the Center for Multicultural Health.

Free Physical Activity Program for Pacific Islander/Hawaiian Native Families

What it is: FREE physical activity program to improve fitness and prevent diabetes and obesity in Hawaiian & other Pacific Islander families. Fun family exercises in your home & outdoors (no gym needed!) Low to moderate activity

Where and for how long? Classes will be held at the Hawaiian Cultural Center, 741 West Smelter Street, Midvale, UT 84047. Every Saturday - 1 hour per week for 7 weeks.

Tentative Start Date: Saturday March 7, 2009 @ 10:30 am

For information please contact:

Jackie Barco (Program Coordinator) at 814.573.4345 or jackiebarco@yahoo.com

WE WOULD LIKE TO HEAR FROM YOU

Please submit: feedback, suggestions, ideas, news, events or articles to: ddiez@utah.gov



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The Connection

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ABOUT THE CMH

The Center for Multicultural Health (CMH) is the Utah office of minority health. It is part of the Utah Department of Health, Division of Community and Family Health Services.

Our mission is to promote accessible and high-quality programs and policies that help all racial and ethnic minorities in Utah achieve optimal health. We accomplish our mission by increasing public and health professional awareness of persistent race/ethnic disparities and by developing effective health policies and culturally competent programs that lead to better access and utilization of quality health care services in Utah.

www.health.utah.gov/cmh

MULTICULTURAL BROWN BAG SERIES

Deaf Culture

Duration: 60 min

Location: room 125, Utah Department of Health (288 N 1460 W, Salt Lake City.)

Date: **March 18 @ 1:00 pm**

Organized by the Center for Multicultural Health. The brown bag is free and open to the public. No registration required.

MULTICULTURAL BROWN BAG SERIES

Global Eating

What can we learn from other cultures about food and nutrition? Some countries share our love for food and yet manage to avoid our epidemic of obesity. How do they do it? By studying how they eat, we can gain some useful (and tasty) ideas to adapt to our own needs.

Duration: 50 minutes (it includes the DVD presentation followed by a brief discussion)

Location: room 125, Utah Department of Health (288 N 1460 W, Salt Lake City.)

Date: **April 12, @ 12:00 pm**

Organized by the Center for Multicultural Health. The brown bag is free and open to the public. No registration required.

PANEL DISCUSSION ON REFUGEE RESETTLEMENT

Discussion Topics will include: Fundamentals of the resettlement process. Personal stories of refugees in Utah. How refugees and local residents adjust to each other. Identity development and a sense of belonging for refugees in Utah.

Panelist: Iraqi Refugee (recently resettled in Utah), Gerald Brown (Director of Refugee Services, State of Utah), Ethiopian Refugee (Recently resettled in Utah), Lew Cramer (President, World Trade Center of Utah)

MODERATOR

Rosemary Baron, Educator and Fulbright Scholar

Vive Gore Auditorium in the Jewett Center Westminster College
1840 South 1300 East, Salt Lake City, Utah. 8410
Tuesday, **March 31** Reception: 6:30-7:30 pm. Discussion: 7:30-9:00 pm

Sponsored by the Utah Chapter of the Fulbright Association and Westminster College.

For more events visit our calendar
<http://my.calendars.net/multicultural>

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